

# FOREVER ACTIVE

Our official newsletter for **active adults** in American Canyon



## Collabria Care

The American Canyon Senior Center is proud to host in collaboration with Collabria Care the Lunch & Learn Series. This monthly seminar will discuss important issues dealing with healthy aging. The first seminar will be held Thursday, August 23rd at 12:00PM. The first topic covered will be "Normal Aging vs Dementia." Save the dates September 27th and October 24th for the rest of the series.

## Low Impact Dance

Have fun while getting some exercise at the same time! Learn to Cha Cha, line dance, and ballroom dance. Students will have the opportunity to dance with or without a partner. This class is also a great place to make new friends. All skill levels are welcome. Ages 50+.

Tuesdays, 1PM-2PM | \$15/month.

# WEEKLY SCHEDULE

OF ONGOING PROGRAMS AT THE SENIOR CENTER

## Mondays

- FREE Yoga/Pilates Class | 9:00am – 10:00am
- FREE Forever Young Fitness Class | 10:10am – 11:10am
- Senior Nutrition Program | 11:30am – 12:30pm
- FREE Sign Language Class | 11:30am – 12:30pm

## Tuesdays

- Reader's Theater | 9:00am – 10:15am
- FREE Pinochle Club | 10:30am – 2:00pm
- Senior Nutrition Program | 11:30am – 12:30pm
- Low Impact Dance | 1:00pm – 2:00pm

## Wednesdays

- Yoga/Pilates Class | 9:00am – 10:00am
- FREE Forever Young Fitness Class | 10:10am – 11:10am
- FREE History Club 1st Wednesdays 11:15am – 12:15pm
- Senior Nutrition Program | 11:30am – 12:30pm
- FREE Support Group | 12:30pm – 2:00pm (returns August 29)

## Thursdays

- Watercolors Class | 9:00am – 11:00am
- Senior Nutrition Program | 11:30am – 12:30pm
- FREE Stitchers Social Class | 12:30pm – 2:30pm

## Fridays

- FREE Forever Young Fitness Class | 10:10am – 11:10am
- FREE Pinochle Club | 10:30am – 2:00pm
- Senior Nutrition Program | 11:30am – 12:30pm

# AQUATICS PROGRAMS

## OF ONGOING PROGRAMS AT THE SENIOR CENTER

### ADULT + TEEN PROGRAMS

#### ADULTS + TEENS

##### Ages: 13 years and older

It's never too late to learn to swim. Boost your confidence in the water by joining us for one of our convenient sessions. Every skill level is welcome and our experienced instructors will work with you to improve and enhance your swimming experience.

**Location:** Phillip West Aquatic Center

**Led By:** Aquatics Instructors

**Fee:** \$40 Resident | \$50 Non-Resident

DATES	DAY	TIME	CLASS #	SESSIONS
10/6 - 11/17	Sat	11:15am - 11:45am	41601.301	7

#### LAP SWIM

##### Ages: 13 years and older

Swim laps for fun and fitness. This program is geared towards adults. Teens age 13 to 17 may also participate providing all lap swim and pool rules are followed. This program is self-led and self-guided. The pool will be closed on November 12th.

**Location:** Phillip West Aquatic Center

**Fee:** \$4 per visit | \$30 Punch Card for 10 classes

DATES	DAY	TIME	CLASS #	SESSIONS
9/5-12/14	MWF	12pm - 1pm	Pay drop-in fee at Aquatic Center	Ongoing
9/5-12/14	MWF	6pm - 7pm		Ongoing
9/5-12/14	Sat	8:15am - 9:50am		Ongoing

#### WATER AEROBICS

##### Ages: 18 years and older

Our low-impact water aerobics workout is designed to work every major muscle group. The water's buoyancy decreases stress on hips, knees, ankles, and feet. No swimming skills are required, but participants should be comfortable with being in the water. The water is kept at a comfortable temperature. Class will not be held on November 12th.

**Location:** Phillip West Aquatic Center

**Led By:** Aquatics Instructors

**Fee:** \$4 per visit | \$30 Punch Card for 10 classes

DATES	DAY	TIME	CLASS #	SESSIONS
9/5-12/14	MWF	10:45 - 11:45am	Pay drop-in fee at Aquatic Center	Ongoing
9/6 - 10/30	T Th	7pm - 8pm		Ongoing

### LET'S GO FOR A SWIM!

#### OPEN SWIM

##### Open Swim is available for all ages!

Recreational swim is great for family engagement and the perfect individual adult activity. The Phillips West Aquatic Center features a heated 25-yard swimming pool, wading pool, open turf areas, and chaise lounges. Non-experienced swimmers who are less than 4 feet tall must be within arm's reach of a responsible person aged 16 or over. Children who pass the swim test and are 13 years or older may swim without supervision in the pool.

**Location:** Phillip West Aquatic Center  
**Fee 12 years and older:** \$2 Resident | \$3 Non-Resident  
**Fee 13 years and older:** \$3 Resident | \$4 Non-Resident  
**Fee for Spectators:** \$1

DATES	DAY	TIME
9/1 - 9/30	Saturdays & Sundays	2pm - 5pm
9/3	Labor Day	2pm - 5pm



# MONTHLY PUZZLE

Can you figure out what the top number in the pyramid is?  
Add each pair of blocks together to find out the number that  
appears in the block just above them.

